

FALL PROTECTION

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FALL PROTECTION STATISTICS

FALLS CAN BE FATAL

- Falls on the job kill 11,000 people and cause more than 200,000 disabling injuries per year.

Regulations regarding Fall Protection are 29 Code of Federal Regulations Subpart M Fall Protection, 1926.500 (a), 1926.501, 1926.502 (d), and 1925.503.

FALL PROTECTION IN THE WORKPLACE

FALLS CAN BE FROM:

- Ladders
- Scaffolds
- Buckets
- Towers
- Work Platforms
- Or from any other off ground situation

A SAFETY MINDSET

- Inspect equipment before use.
- Get faulty equipment repaired before using it.
- Follow safe work practices in all off-the-ground situations.
 - (4 feet or more off-the-ground and 6 feet or more off-the-ground in construction industry).

LADDERS

- Are the rungs in good condition?
- Use a three point climb (2 feet and 1 hand or 2 hands and 1 foot).
- Always face the front of the ladder.
- Keep hands on side rails at all times.
- Keep your weight centered.

LADDERS

- Are you using the belt buckle rule (belt buckle between rails of ladder at all times)?

DON'T RUSH!!!!!!!!!!!!!!

PERSONAL FALL ARREST SYSTEM

- Used only when other types of fall protection cannot be used.
- They are designed to tether a worker to an anchor point.
- Used to protect workers when working above the ground.
- Used to protect workers on horizontal surfaces high above the ground.

PERSONAL FALL ARREST SYSTEMS

- A personal fall arrest system consists of
 - An anchorage point/points (support 5,000 lbs)
 - Connectors
 - Body belt or body harness

Per 29 CFR 1926.502 (d)

OTHER FALL PROTECTION SYSTEMS

- Guard Rails (designed to keep people from falling).
 - Around platforms or walkways.
 - May be temporary or permanent.
 - Rails must be able to support 200 lbs.
 - Rails must be 39 to 45 inches above surface.

OTHER FALL PROTECTION SYSTEMS

- Safety Nets (used where guard rails are impractical or impossible to install).
 - Personal nets are intended to catch people.
 - Debris nets are intended to catch tools and debris.
 - Must be inspected regularly, generally weekly.

TRAINING

- Employers must provide a training program that teaches employees who might be exposed to fall hazards how to recognize such hazards and how to minimize them.

EMPLOYEES MUST BE TRAINED IN

- The nature of the fall hazards in the area.
- The correct procedures for erecting, maintaining, disassembling, and inspecting fall protection systems.
- The role of each employee in the safety monitoring system when the system is in use.

INSPECTION AND MAINTENANCE

- Inspect harness straps for fraying or broken harness straps.
- Ensure that the D-ring is securely attached and not bent.
- That there are no tears, missing stitches or damaged hardware on the harness or lanyard.

Questions

- If you have any questions or concerns please contact the MASC Regional Safety Manager at (303) 497-3912 or Rhonda.S.Carpenter@noaa.gov